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**Integrity Hypnosis Announces Their Newest Program, "Go Green, Go TeleGroup Hypnosis!" - A Hot Ticket During a Time When CO2 Levels and Gas Prices are Soaring to Record Highs.**

*Owners Michael Kostyzak and Vikki Zilonis of [www.IntegrityHypnosis.com](http://www.IntegrityHypnosis.com), connect clients to Clinical Hypnotherapists across the United States.*

**/24-7PressRelease/** - PITTSBURGH, PA, May 22, 2008 - Integrity Hypnosis announced the grand opening of their environmentally friendly program today, "Go Green! Go TeleGroup Hypnosis!" a new option for Hypnosis clients looking to stop smoking and lose weight. "As long as you have a landline phone, a quiet setting and can speak English, clients can participate from anywhere in the world. Not to mention our clients help reduce emissions by eliminating travel, while saving money in gas costs for those who may require multiple sessions", explained Michael Kostyzak, President of Integrity Hypnosis. "TeleGroup Hypnosis is perfect for individuals, or friends, family members and co-workers who wish to start a weight management or stop smoking program together. TeleGroup Hypnosis is also accessible to clients with severe phobias or disabilities that may otherwise prevent them from traveling to a Hypnotherapist", Mr. Kostyzak concluded.

Dr. Marianne Zaugg has agreed to contribute her expertise to the development of the program and to the clients of the TeleGroup Sessions. Dr. Zaugg holds a Doctorate of Clinical Hypnotherapy from the American Institute of Hypnosis and a Ph.D. in Philosophy of Esoteric Studies from the American Pacific University. Dr. Zaugg devotes her studies to the psychology of human behavior and business development. She has assisted hundreds of clients across the world and is available for private office sessions through Integrity Hypnosis at her Pasadena and Los Angeles, California locations. She has successfully provided outstanding Hypnosis and Coaching services to clients around the world.

Dr. Marianne Zaugg offers her expertise to the TeleGroup by helping clients achieve weight loss goals and smoking cessation. "Hypnosis is the tool to re-program your behavior and conditioning, it assists in lowering anxiety associated with food, hypnosis curbs compulsive comfort eating, it increases energy and metabolism; it also motivates clients to be active and make better food choices", explains Dr. Zaugg. "Hypnosis has also been proven to be extremely successful in helping people stop smoking. Hypnosis assists a smoker to end their addiction, eliminate cravings, reduce daily stress caused by nicotine, eliminate discomfort of physical withdrawal and also manages the fear of weight gain", she concluded. "Dr. Zaugg truly cares about each and every one of her clients. It's an honor to have her representing Integrity Hypnosis", said Mr. Kostyzak.

Clients who participate in the TeleGroup gain access to an interactive discussion forum for those who may need additional support in between sessions or for those seeking advice and support from other TeleGroup Members. The forum is moderated by Vikki Zilonis, Certified Hypnotist and Vice-President of Integrity Hypnosis. "The whole idea of 'Going Green' is to allow our clients to achieve their goals through top quality Hypnosis sessions without ever leaving their home. In between sessions, clients receive free support and counsel such as participating in the discussion forum, email consultations and/or telephone consultations", Ms. Zilonis added. "Michael and I want to do what we can to not only help our clients, but to aid our environment by doing our part in helping to reduce greenhouse emissions".

Integrity Hypnosis provides Clinical Hypnotherapy and Counseling Services to clients nationwide. For further information, visit us on the web at <http://www.IntegrityHyponosis.com>.